

Fat Loss Phase 4

We are going to continue training with 3 total body-workouts in a German Body Composition format. Your third week is a de-load week where you will keep intensity (weight) heavy, but slightly decrease the training volume. This phase progresses from your previous phase by utilizing tri-sets in the GBC format to allow more exercises and more of a metabolic stimulus. We will continue to undulate the rep ranges from workout to workout to hit a wider variety of motor units and to ensure the rep brackets stay appropriate for the exercises chosen.

Fat Loss Phase 4 - Total Body Workout 1

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Paused DB Split Squat	1	4	8-10 ea	32X0	10	Keep an upright torso and begin by breaking at the knees
		2	5	7-9 ea	32X0	10	
		3	1	7-9 ea	32X0	10	
		4	5	5-7 ea	32X0	10	
A2	Standing Barbell Shoulder Press	1	4	8-10	30X1	10	
		2	5	7-9	30X1	10	
		3	1	7-9	30X1	10	
		4	5	5-7	30X1	10	
A3	Wide Pronated Pull Up	1	4	8-10	30X0	90	
		2	5	7-9	30X0	90	
		3	1	7-9	30X0	90	
		4	5	5-7	30X0	90	
B1	Paused Horizontal Back Extension	1	4	8-10	20X2	10	
		2	5	7-9	20X2	10	
		3	1	7-9	20X2	10	
		4	5	5-7	20X2	10	
B2	Prone Incline 2-Arm DB Trap 3 Raise	1	4	8-10	4012	10	
		2	5	7-9	4012	10	
		3	1	7-9	4012	10	
		4	5	5-7	4012	10	
B3	Landmine Torso Rotations	1	4	8-10 ea	20X0	90	Keep the bar at arm's length and keep your torso braced. Pivot your feet and move your hips while keeping spine neutral.
		2	5	7-9 ea	20X0	90	
		3	1	7-9 ea	20X0	90	
		4	5	5-7 ea	20X0	90	

Fat Loss Phase 4 - Total Body Workout 2

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Heels Elevated Back Squat	1	4	6-8	30X0	10	
		2	5	8,8,6,6,4	30X0	10	
		3	1	6-8	30X0	10	Add chains to bar if you have access to them
		4	5	7,7,5,5,3	30X0	10	
A2	Mid Pronated Grip T-Bar Row	1	4	6-8 ea	30X0	10	
		2	5	8,8,6,6,4 ea	30X0	10	Optional substitution - landmine T-bar row or seated cable row
		3	1	6-8 ea	30X0	10	
		4	5	7,7,5,5,3 ea	30X0	10	
A3	Lying Leg Curl - toes PF and IN	1	4	6-8	30X0	90	
		2	5	8,8,6,6,4	30X0	90	Optional substitutions - Lying leg curl or swiss ball leg curl
		3	1	6-8	30X0	90	
		4	5	7,7,5,5,3	30X0	90	
B1	Close Grip 45 Degree Incline Press	1	4	6-8	30X0	10	
		2	5	8,8,6,6,4	30X0	10	
		3	1	6-8	30X0	10	Add chains to the bar if you have access to them
		4	5	7,7,5,5,3	30X0	10	
B2	DB Hammer Curl	1	4	6-8	30X0	10	
		2	5	8,8,6,6,4	30X0	10	
		3	1	6-8	30X0	10	
		4	5	7,7,5,5,3	30X0	10	
B3	Kneeling AB Wheel Rollouts	1	5	10-20	3010	90	
		2	6	10-20	3010	90	Equipment hack - use an ez curl bar with small plates on the end as your "AB Wheel" / Optionl
		3	1	10-20	3010	90	substitution - swiss ball rollouts
		4	6	10-20	3010	90	If you can do more than 20 reps kneeling, switch to standing rollouts from feet



Fat Loss Phase 4 - Total Body Workout 3

Order	Exercise	Cycle	Sets	Reps	Tempo	Rest (s)	Notes
A1	Pendulum Squat	1	3	25, 20, 15	20X0	10	
		2	3	20, 15, 12	20X0	10	
		3	1	20	20X0	10	Equipment substitutions - Hack Squat or DB Squat
		4	4	15, 12, 10, 8	20X0	10	
A2	EZ Bar Triceps Extension on Floor	1	3	25, 20, 15	21X0	10	
		2	3	20, 15, 12	21X0	10	
		3	1	20	21X0	10	Pause each rep on the ground
		4	4	15, 12, 10, 8	21X0	10	
A3	Trap Bar RDL with Posterior Band Pull	1	3	25, 20, 15	20X0	90	Attach a band to a post behind you and put it on the front of your hips so that it pulls you backwards and you have to actively contract against it to extend your hips
		2	3	20, 15, 12	20X0	90	
		3	1	20	20X0	90	
		4	4	15, 12, 10, 8	20X0	90	
B1	15 Degree Incline Pronating Pec Flye	1	3	25, 20, 15	2110	10	
		2	3	20, 15, 12	2110	10	
		3	1	20	2110	10	
		4	4	15, 12, 10, 8	2110	10	
B2	Swiss Ball Pike Jacknife	1	3	Max reps	2011	10	Start in a push up position with your hands on the floor and your feet on a swiss ball. Keeping your legs straight, thrust your hips up into the air until your torso is perpendicular to the ground.
		2	3	Max reps	2011	10	
		3	1	Max reps	2011	10	
		4	4	Max reps	2011	10	
B3	1-Arm DB Cobra	1	3	25, 20, 15 ea	20X0	90	
		2	3	20, 15, 12 ea	20X0	90	
		3	1	20 ea	20X0	90	
		4	4	15, 12, 10, 8 ea	20X0	90	